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VI
MEMORANDUM
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December 9, 1939.

No. 386

(This is a summary of the Market Basket for December 13, 1939.)

CRANBERRY HARVEST
IS GOOD THIS YEAR

Cranberries used to be forgotten from one holiday season to the next.

But now they are "in season" throughout the year, due to improved storage arrangements and increased harvests, points out _____, _____,
 (Name) (Title)
_____. This winter the market is abundantly supplied with fresh
 (Institution)

berries, and during other seasons the canned and frozen berries will be available.

The color of the different varieties of cranberries ranges from deep ruby red to light crimson, but the taste of all varieties is much the same when the berries are cooked. Quality berries may be any size or any color, but they must be firm, plump, and fresh-looking with a high luster.

It pays for the homemaker to sort the cranberries carefully before cooking, because poor berries may give a bitter taste to the finished product. Discard berries that are shriveled, speckled, or soft, even when the skin is firm, says

(Name)

Cranberries are popular because of their appeal to the eye and taste, but science now points out that they are important, too, as an aid to good nutrition. When served in generous portions, cranberries contribute considerable vitamin C to the diet. This is the vitamin that is needed to ward off scurvy and to help maintain general good health.

Vitamin C is an elusive vitamin and tends to be destroyed by heat and exposure to air. So the food value of cranberries varies according to the way they are prepared. Most of the vitamin C is retained when the berries are used raw, as in freshly-made relish; some is lost when they are made into sauce; and even more is destroyed when the sauce is strained or the juice made into jelly.

THE HISTORY OF THE

REIGN OF

CHARLES THE FIRST

BY

JOHN BURNET

OF

THE UNIVERSITY OF OXFORD

IN TWO VOLUMES

LONDON

Printed by J. Streater, at the Sign of the Gun, in St. Dunstons Church-yard

1679

THE SECOND VOLUME

OF

THE HISTORY OF THE

REIGN OF

CHARLES THE FIRST